

# HRC NEWS & VIEWS

VOLUME 8, ISSUE 9

SEPTEMBER 2012

## WELCOME DR. ZOUCHA

HRC is excited to welcome Kenneth A. Zoucha, M.D. as a member of the medical staff and as the Supervising Physician of HJCDP.

Dr. Zoucha obtained his medical degree from the University of Nebraska and is Board Certified by the American Board of Pediatrics. His medical practice has included approximately 20 years as a pediatrician at the Children and Adolescent Clinic, P.C., and on the medical staff at Mary Lanning Healthcare in Hastings.

Part of his responsibilities will include completion of the pretreatment assessment, overseeing the Magellan application process for all youth referred to the program, facilitating the interdisciplinary team and individualized treatment plan process, and evaluating the medical care of the youth.

He has shared some ideas on the development of a sleep clinic and tobacco cessation clinic along with other plans to make this program excel.

In addition to the leadership and clinical skills of



Dr. Judson and the therapists, we will be able to provide more services!

Dr. Zoucha's office will be located on the second floor of Building #3 in Room 234, and he can be reached at extension 3118.

Please help us welcome him to the program!

### September is . . . .

All American Breakfast Month  
Apple Month  
Baby Safety Month  
College Savings Month  
Fall Hat Month  
Happy Cat Month  
People Skills Month  
National Recovery Month  
Fruit and Veggies Month  
Preparedness Month  
Self Improvement Month  
Healthy Aging Month  
  
Housekeeping Week 9-15  
Clean Hands Week: 16-22  
National Dog Week: 23-29  
Remember to Register to Vote Week: 23-29

Grandparent's Day: 9  
Swap Ideas Day: 10

National Day of Service and Remembrance: 11  
Chocolate Day: 13  
Respect Day: 18  
Ice Cream Cone Day: 22  
First Day of Autumn: 22  
Family Day – A Day to Eat Dinner With Your Kids: 24

## THANK YOU DR. HARTMANN



During the recruitment of a physician

and when physician services were needed, Dr. Klaus Hartmann answered the call! He vol-

unteered to travel from Lincoln each Wednesday to keep the program functioning under the direction of a physician and was available on-call during the entire time. This was an additional assignment to his responsibilities at LRC as the Staff Psychiatrist in the forensic

program.

HJCDP is very appreciative of the services of Dr. Klaus Hartmann.

Thank you for helping us out!



# PLANNING, PLANNING, PLANNING

BY MARJ COLBURN

HRC is moving forward with plans for renovation and demolition of the buildings on our campus. The contracted architect, Al Povondra, was on site in August for a walk-through with some of his staff. We have had staff from the Building Division and a contractor looking at the need for asbestos removal in all buildings. Building #3 staff have been involved in looking at the units and deciding where things need to be.

The original plan was for 4 – 6 bed units for a total of 24 beds. In looking at staffing and meeting ratios, this plan would require HRC to hire additional staff to make that plan safe for the youth and staff. We are now looking at 3 – 8 bed units to keep our staffing close to our current level and still maintain safety for all. Our efforts are to make all three of the units self-contained with their own med room, laundry room and kitchen areas. We also want the lay-out of each unit as similar as possible so as staff work different units there will be less confusion about where things are located.

We are going to keep the lower level North wing as the “community” area in the building. This area will be used for Human Resources where interviews, applications, and requests for materials may be coming from outside of the facility. The classrooms will remain on that wing, as they are also used by other than HRC staff. Health Information Management will also go in that area to provide access for individuals seeking record information.

The Kitchen will be taking over the South Dining room. Staff are working on figuring out space needs for all the equipment they need. The

youth will continue to eat in the west dining room. Some things will change – no more frying since they are in a client care building! They will be sharing space on the South ground wing with the State Store and Housekeeping.

There will be one break room on each floor for staff use. We have gotten back into the old habit of different areas developing their own space for taking breaks. With everyone being consolidated into Building #3 this won't be a practice anymore, and honestly there won't be that much available space. The common break room will be used for staff breaks and meals on campus.

We are still looking at the central areas of the building, not sure where everything will be going there. We need to take a look at 81 South and decide what we are doing with that space.

Mr. Baisinger is “happy” with where the school is and the set-up of the area. We don't anticipate many changes in that location, although he would like a few walls knocked out to create some bigger side rooms for the youth to use.

As the plan calls for demolition of the tunnel system too, we would like to maintain the tunnel area that leads up to Building #3 for any temporary large storage we think we might need. Of course the tunnels under the Building #3 wings will remain.

Al Povondra is looking at making the Penthouse (also known as the Chicken Coop) available as space. Right now the main problem is having a fire exit from the area. We'll see how that plays out.

We still haven't seen any official plans for the campus. We've heard that HRC will get the ground north of the entrance road, which means the Chapel won't be ours. I'm guessing that means a new gym/rec area is in our future!

The architect, along with the Building Division, has identified a space in Building #3 that might work for the boiler that we will need to run one building instead of the Power Plant. My understanding is the air conditioning unit and generators out back of the building are fine and will stay as they are. The plan calls for replacement of all the old windows also.

We are also hoping that there will be some improved and maybe consolidated parking for the campus. A nice big paved parking lot would be great.

As we are working on these plans, talking about new and more camera coverage and space, we haven't forgotten some of our current issues. Jean Luther is working with Protex and Johnson Controls about our fire alarm issues and what we need to do to stop them from activating when it's humid. We will continue to paint and keep areas looking good since we will be living as we are for a while yet.

This process of renovating the building isn't going to happen overnight. We need dollar figures to present the proposal to the Legislature, hence all of the activity right now to get our ducks in a row for what we want. Once approved we are going to start seeing movement to make all of this a reality. I hope everyone is feeling the excitement of being viable again, and looking towards an HRC future that is really positive and bright.



## THE SURVEY RESULTS ARE IN

BY SCOT ADAMS, DIRECTOR

I have good news. A survey we conducted shows that behavioral health consumers are generally satisfied with the services they receive.

The survey asked about both mental health and substance abuse services.

Consumers reported that the services they received improved the quality of their lives. That's so important. It means that what we're doing makes a difference.

The survey of 1,404 adults found that 84 percent were satisfied with services, compared to 85 percent last year (not a big difference).

More than three-fourths were satisfied with their level of involvement in treatment planning.

Another three-fourths responded positively to questions on outcomes. Eighty-six percent responded positively to the questions related to quality and appropriateness

of services, and 80 percent thought services were accessible. Most consumers felt that the services they received improved their level of functioning (77 percent) and social connectedness (78 percent).

Of 161 youth and their parents, 70 percent indicated that they were satisfied with the services their child had received.

The majority of adults and youth felt mental health or substance abuse services had improved their quality of life (81 percent of adults and 72 percent of youth).

The survey also asked respondents about their health. Mental health consumers reported having a stroke at twice the rate of the general population. Over half of them said they smoke. Of substance abusers, 73 percent reported smoking. This is something we need to address.

To see the full report, called the Nebraska 2011 Behavioral Health Con-

sumer Survey, go to <http://bit.ly/MKLenO>

It's what you do that makes a difference and leads to great survey results like this. I want to express my gratitude for the work you are doing every day.

Another statistic brings this home to the Lincoln Regional Center. The 180-day readmission rate reports who left the state's psychiatric hospital and re-entered any hospital in Nebraska within six months. The nation's average rate is around 20%. Nebraska's rate is 5.86%.

For Regional Center clients in particular, all of this means that they received very good care while in the hospital, AND, they received good care in the community, AND, the handoff between Lincoln Regional Center and the community goes very well. If any one of these were poor, our re-entry rate would be far higher.

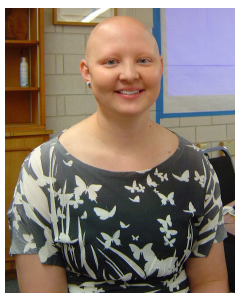
## NEWS FROM THE KITCHEN BY MINDY BLAIR

Breakfast is the most important meal of the day. It is also the meal that is skipped most out of all the meals throughout the day. September is National Breakfast Month. Did you know that the word break-

fast came about because it means "breaking the fast after one has not eaten since the night before"? So, let's celebrate by trying to eat a healthy and hearty breakfast every morning. This can be anything

from a smoothie, cereal, fresh fruit, or eggs, bacon, sausage, and toast. There are many options to make healthier choices. Start your day off right by eating breakfast to help give you energy and to get your brain functioning.

## WELCOME NEW EMPLOYEES

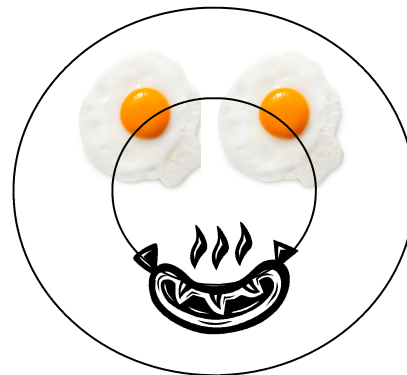


HRC welcomes two new Youth Security Specialists II's to HJCDP. Beth Kudrna (left) and Krysten Vance (right) will both be working on



the afternoon shift.

Please join us in making them feel welcomed!



## THIS STORY HAS A HAPPY ENDING BY JOE TYE, VALUES TRAINING

"In some ways, this whole thing has been the greatest thing that's happened to me. Not just the opportunities it provided, but also the appreciation of the values I carry."

- Aron Ralston

When Aron Ralston had an 800-pound boulder fall on his arm, trapping him deep within a narrow slot canyon in the desert, he truly was "between a rock and a hard place." As you probably know, he finally escaped by cutting off his own arm with a pocket knife. This is not a particularly happy theme, is it?

And yet, against all odds, Aron Ralston escaped with his life. Through a miracle of modern medicine (which are now a daily occurrence in hospitals around the world), he has a prosthetic arm that allows him to do all the things he once did with his natural arm. He wrote a bestselling book that became a movie and now he's a celebrity who speaks across the country. And as a result of the time he had to think, and to look into the metaphorical mirror, he's a stronger and happier person today.

The reason Ralston's "rock and a hard place" story had a happy ending is because during the darkest

moments when it would have been so easy to give in to despair and give up all hope, he never quit. And when it came to the final tough decision, he had the courage to take the decisive action required to regain his freedom.

Joseph Campbell, author of *The Power of Myth*, said that we are all on the hero's journey, and that at some point the hero falls into the abyss and you want to close your eyes and close the book because it appears that all is lost. But somehow the hero finds the courage to stand up one more time and slay the dragon.

I know from the emails I get, and from reading the papers, that many of my readers are stuck between a rock and a hard place. They are struggling with a job, or have lost a job; they are worried about their finances and their health, or the health of a loved one; they have run into brick walls and have been knocked flat. "They" might well include you.

This weekend I encourage you to think about your rock and your hard place. Ask yourself these questions:

- What is it that has me stuck between this rock and this hard place?
- What help or resources do I need to extricate myself?
- Who can I ask to help me regain my freedom of motion?
- In what ways do I need to change my own thinking, self-talk, and the assumption I've made about myself, other people, and how the world works to maintain my courage?

Make the commitment to yourself that, like Aron Ralston, you will escape from your own rock and hard place predicament a stronger, happier, and more successful person for the experience.

**"Standing up in the storm, no matter how many times it blows us down, should teach us that we don't need to be as powerful as the storm to defy it. We only need to be strong enough to stand. Whether we stand shaking in fear or shaking our fists, as long as we stand, we are strong enough." Joseph Marshall: *Keep Going, the Art of Perseverance***

## PICKLES BY SHERRY BLOCK

As one of the youth in the Prevocational Class was carrying in a tub of cucumbers from the garden last month, I asked him if he liked cucs. He said, "no." When asked if he liked pickles, he said he did, so I told him he liked cucumbers after all. He was pretty surprised and said he thought pickles grew on pickle plants! The PVC youth have

learned a lot as they've made a variety of pickles this summer. They've honed their peeling and dicing techniques, prepared a variety of recipes with the vegetables they've grown, and enjoyed eating the fresh produce. If you see one of those pickle plants somewhere, please let us know.

Canned produce prepared by PVC.





## HOUSEKEEPERS WEEK SEPT. 9 - 15



Back row, left to right: Carmen, Charlene, Mary Ann, Donna.  
Front row: Shelley and Kay

Our HRC Housekeeping staff has 204 combined years of service. KUDOS and MANY THANKS for keeping HRC clean and neat. We also appreciate your patience when we undo all your hard work before you are even finished.

## HRC CEMETERY DEDICATION

Carol Cousson de Reyes from the Office of Consumer Affairs will be coordinating a ribbon cutting ceremony for the HRC cemetery on September 28 at 3:00 pm. Plans are to read the names of individuals buried in the cemetery. The event will be open to the public.

## HRC HEALTH FAIR BY PAM SCHWABAUER

Well, its FALL.... Guess what that means? Football and the HRC Health Fair!!

The Health and Wellness Committee has taken a break since our last activity, the cook-out, in June. We knew we would need a lot of time to coordinate the health fair and committee members have been busy getting things coordinated. Dolores is our flyer, letter and banner "guru" and has done a great job! Mindy and the kitchen staff have been busy getting the "goodies" ordered and prepared. Grant coordinates the "muscle" we

need to move tables or anything else that needs to be moved. We have a "great team" on the Health and Wellness Committee, and they all work toward making activities fun while encouraging a healthier lifestyle.

Because football is a sport where everyone on the team has to be healthy and fit, we decided football would be our theme this year. So, **GO BIG RED!!** Also, casual day has been approved for the Health Fair Day, September 25, 2012. Please wear your jeans and Big Red attire and join the fun!!



**New Master Craft portable air compressor.** 6 gallon tank, 3.5 H.P. motor. with power air tools. \$60. Contact Terry @ 3305



**Encore Brand Hi-Fi stereo,** 3 CD disc changer, AM, FM, tuner, turn table, 2 tape deck/recorder with 2 remote speakers. \$30. Contact Terry @ 3305



## BELATED WISHES

On August 19, 2012 Wanda and Kirk Yoachim celebrated 12 years of marriage. Wanda says, "It does not seem like a life time, but I don't remember what my life was like before him, other than I was bored a lot."

***We wish you many more years of happiness!***

## SCHOOL DAYS PHOTO CONTEST

Despite the efforts of some employees by comparing pictures with faces, there were no winners last month in the school days photo contest. The photos were: 1) Carolyn Brown. 2) Cheri Delay. 3) Jean Luther. 4) Linda Weber. 5) Wanda Yoachim. 6) Sherry Block. 7) Marj Colburn. 8) Corinne Jensen, AKA the N&V Editorial Board. Keep trying!

**Guess the score of  
the Nebraska vs. Wisconsin football game on  
September 29th. Submit your answers to Corinne via  
email by September 28th. Closest guess to the actual  
score will win this license plate bracket!**

**Good luck and Go Big Red!**



## FALL BREAK PHOTOS



## SPECIAL ACTIVITIES BY SHERRY BLOCK

On Labor Day and during the fall break on September 6<sup>th</sup> and 7<sup>th</sup>, James involved the youth in several rec activities including a tough man competition and "Smart Shot," a basketball shooting event. The youth took no pity on the staff during the softball game, so we won't mention the score here. Youth, who had earned the privilege level required to go kayaking at Lake Hastings, had a good time even though it was a cool day. We thank Nebraska Game and Parks Boating Safety Officer Daryl Teter for coming down from St. Paul bringing all the kayaks and life jackets and providing instruction. The youth enjoyed some special treats during their days out of school. On Labor Day, they had ice cream sundaes. The PVC youth picked lots of peppers and tomatoes to make salsa for everyone to have with chips during a Friday afternoon movie.

### MVP

At the first Community Meeting each month, Rec Specialist James Schulte will be presenting a Most Valuable Player t-shirt to the youth who best demonstrates good sportsmanship, positive leadership, and progress toward personal fitness goals. This is an opportunity to recognize youth who make a significant contribution helping in any way that benefits the team. The MVP winners pictures will be posted in the display case. James' mantra is,

"IF IT DOES NOT CHALLENGE YOU, THEN IT DOES NOT CHANGE YOU!"

Krysten, Troy, James, Jessie, Sherry and Heather play softball with the youth.

## BE PREPARED BY JEAN LUTHER

### ALL-HAZARDS EMERGENCY KIT

Assemble the following items to create a kit for your home, office, school, or vehicle:

- Water - one gallon per person, per day
- Food - nonperishable, easy-to-prepare items (minimum 3 day supply)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit (whistle, antibiotic ointment, bandages, face masks, gloves and reference book)
- Medications (7 day supply and medicinal dispensers if necessary)
- Multipurpose supplies (wrench, pliers, plastic sheet, duct tape, scissors, matches)
- Sanitation/personal hygiene items and bleach
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with charger
- Family Disaster Plan (family and emergency contact information)
- Extra cash
- Emergency blanket, extra clothes, sleeping bag (1 for each person)
- Map(s) of the area

**Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:**

- Specific medical supplies (hearing aids/extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, diapers)
- Two-way radios
- Extra set of car keys and house keys

## CHARITABLE GIVING CAMPAIGN

BY NANCY HORSHAM

Thank you to everyone who took part in the Charitable Giving Campaign. We collected a total of \$116.89 for the wearing of red shirt and blue jeans day. Also, thanks to those who returned your pledge card envelopes to me.

## MAINTENANCE NEWS BY CHERI DELAY

Watering, mowing and keeping the grounds maintained have kept maintenance busy in the last month along with getting other areas ready to be painted in Building 3. We did have one air conditioning unit go down over in the kitchen making it a very warm place for meals to be prepared and cooked. Plans have been made and

parts ordered to have this unit repaired as quickly as possible.

### HRC EDITORIAL BOARD

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 Linda Weber, 3255  
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It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size & content.

AA/EOE/ADA